Mindluster Platform

About the course Chair Workouts for beginners

Chair Workouts course, in this course youâ€™ll learn a variety of exercises that utilize a chair for support, targeting muscle strength, flexibility, and balance. This course is ideal for all fitness levels, including beginners and those with limited mobility or recovering from injury. Youâ€™ll explore low-impact movements such as seated twists, leg raises, sit-to-stand drills, and tricep dips to strengthen your core, arms, and legs. Each workout focuses on improving stability and mobility while being gentle on the joints. The routines are easily adaptable to suit individual needs, making it convenient to perform at home or in small spaces. By the end of the course, youâ€™ll enhance muscle endurance, improve posture, and build functional strength, supporting daily activities with greater ease and confidence.

Medical Category's Courses

Course Lesson(12)

Lesson 1 : **Live 30 Minute Arms and Abs Workout Standing or Seated Workout**

Lesson 2 : **Live 30 Minute Full Body Dumbbell Workout**

Lesson 3 : **30 Minute Full Body Mat Workout No Standing**

Lesson 4 : **5 Minute Seated Abs Intense Ab Workout**

Lesson 5 : **30 Minute Intense Arm Workout Seated**

Lesson 6 : **Live 30 Minute Full Body Circuit Workout**

Lesson 7 : **20 Minute Seated Workout Cardio Core No Equipment No Repeat**

Lesson 8 : **30 Minute Chair Workout For Bad or Injured Knees**

Lesson 9 : **5 Minute Seated Abs with Weights No Repeats**

Lesson 10 : **30 Minute Full Body Workout Leg Knee Injury Friendly**

Lesson 11 : **35 Minute Full Body Mat Workout For Leg Knee Injury**

Lesson 12 : **10 Minute Knee Rehab for Meniscus Tear**

Related courses

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